

CLAIMS

1. A method of comparing a previously recorded activity to an ongoing activity using a measurement device,
 5 characterised in that the method comprises:
 loading measurement data of a previously recorded real continuous activity recorded on a route into a memory of the measurement device;
 10 comparing, during an ongoing continuous activity, the loaded recorded measurement data in the memory to current measurement data measured with the measurement device on essentially the same type of route as the previously recorded real continuous activity; and
 15 providing a user of the measurement device with a feedback in response to the comparison at any given time.
2. The method according to claim 1, characterised in that the measurement data comprises at least a plurality of consecutive measurement point sets, each set including at least one heart rate measurement, a time stamp, a GPS position measurement and an altitude measurement.
3. The method according to claim 1, characterised in that said step of comparing comprising comparing corresponding measurement points of the previously recorded measurement data in the memory and the current measurement data measured with the measurement device.
- 30 4. The method according to claim 3, characterised in that said step of comparing further comprising comparing at least one of an elapsed time, speed, distance and heart rate.
5. The method according to claim 1, characterised in that the method further comprises the step of:

setting at least one predetermined limit for providing the user of the measurement device with feedback.

6. The method according to claim 5, characterised in that the method further comprises the step of:

providing the user of the measurement device with feedback only when the at least one predetermined limit is exceeded.

7. The method according to claim 5, characterised in that the method further comprises the step of:

providing the user of the measurement device with feedback only when the at least one predetermined limit is gone under.

8. The method according to claim 1, characterised in that said step of providing comprising providing the user with feedback comprising sound signals.

9. The method according to claim 1 or 8, characterised in that said step of providing comprising providing the user with feedback comprising visually readable feedback from a display.

10. The method according to claim 9, characterised in that the display is integrated to the measurement device.

11. The method according to claim 9, characterised in that the display is an external device connected to the measurement device.

(12). A measurement device for recording an activity and comparing a recorded activity to an ongoing activity,

characterised in that the measurement device comprises:

a data processing unit (20);
a memory (22) connected to the data processing unit (20);

05 -01- 2006

16

input means (202) configured to receive measurement data of a previously recorded real continuous activity recorded on a route, wherein the recorded measurement data is stored on the memory (22);

5 feedback means (24) configured to provide feedback to the user of the measurement device;

wherein the data processing unit (20) is configured to compare during an ongoing continuous activity the loaded recorded measurement data in the memory
10 (22) to current measurement data measured with the measurement device on essentially the same type of route as the previously recorded real continuous activity and wherein feedback means (24) are configured to provide the user of the measurement device with a
15 feedback in response to the comparison at any given time.

13. The measurement device according to claim 12, characterised in that the measurement data comprises at least a plurality of consecutive
20 measurement point sets, each set including at least one heart rate measurement, a time stamp, a GPS position measurement and an altitude measurement.

14. The measurement device according to claim 12, characterised in that the data processing unit (20) is configured to compare corresponding
25 measurement points of the recorded measurement data in the memory (22) and the current measurement data measured with the measurement device.

15. The measurement device according to claim 14, characterised in that the data processing unit (20) is further configured to compare at
30 least one of an elapsed time, speed, distance and heart rate.

16. The measurement device according to claim 12, characterised in that the data processing unit (20) is configured to set at least one prede-

terminated limit for providing the user of the measurement device with feedback.

17. The measurement device according to claim 16, characterised in that the feedback means (24) are configured to provide the user of the measurement device with feedback only when the at least one predetermined limit is exceeded.

18. The measurement device according to claim 16, characterised in that the feedback means (24) are configured to provide the user of the measurement device with feedback only when the at least one predetermined limit is gone under.

19. The measurement device according to claim 12, characterised in that the feedback means (24) are configured to provide the user with feedback using sound signals.

20. The measurement device according to claim 12 or 19, characterised in that the feedback means (24) are configured to provide the user with feedback using readable feedback from a display.

21. The measurement device according to claim 20, characterised in that the display is integrated to the measurement device.

22. The measurement device according to claim 20, characterised in that the display is an external device connected to the measurement device.

23. The measurement device according to claim 12, characterised in that the measurement device is a hand-held measurement device.

30 24. A computer program for comparing a previously recorded activity to an ongoing activity, the computer program comprising code adapted to perform the following steps when executed on a data-processing device:

35 loading measurement data of a previously recorded real continuous activity on a route into a memory of a measurement device;

comparing, during an ongoing continuous activity,
the loaded recorded measurement data in the memory to
current measurement data measured with the measurement
device on essentially the same type of route as the
5 previously recorded real continuous activity; and
providing a user of the measurement device with a
feedback in response to the comparison at any given
time.

25. The computer program according to claim
10 24, characterised in that the measurement
data comprises at least a plurality of consecutive
measurement point sets, each set including at least
one heart rate measurement, a time stamp, a GPS posi-
tion measurement and an altitude measurement.

15 26. The computer program according to claim
24, characterised in that said step of com-
paring comprising comparing corresponding measurement
points of the previously recorded measurement data in
the memory and the current measurement data measured
20 with the measurement device.

27. The computer program according to claim
26, characterised in that said step of com-
paring further comprising comparing at least one of an
elapsed time, speed, distance and heart rate.

25 28. The computer program according to claim
24, characterised in that the computer pro-
gram is further adapted to perform the following step
when executed on said data-processing device:

30 setting at least one predetermined limit for pro-
viding the user of the measurement device with feed-
back.

29. The computer program according to claim
28, characterised in that the computer pro-
gram is further adapted to perform the following step
35 when executed on said data-processing device:

providing the user of the measurement device with feedback only when the at least one predetermined limit is exceeded.

30. The computer program according to claim 5 28, characterised in that the computer program is further adapted to perform the following step when executed on said data-processing device:

providing the user of the measurement device with feedback only when the at least one predetermined 10 limit is gone under.

31. The computer program according to claim 24, characterised in that said step of providing comprising providing the user with feedback comprising sound signals.

32. The computer program according to claim 15 24 or 31, characterised in that said step of providing comprising providing the user with feedback comprising visually readable feedback from a display.

33. The computer program according to claim 20 24, characterised in that the computer program is stored on a computer readable medium.

34. A system for transferring measurement data relating to an activity,

characterised in that the system 25 comprises:

a computer (40);

a first memory (44) in the computer (40), the first memory (44) comprising measurement data of a previously recorded real continuous activity recorded 30 on a route;

a measurement device (48) connected to the computer (40);

a second memory (22) in the measurement device (48) configured to store measurement data on essentially the same type of route as the previously re- 35 corded real continuous activity;

output means (42) configured to output the previously recorded measurement data relating to an activity; and

input means (202) configured to receive the measurement data of the previously recorded real continuous activity recorded via the output means (42), wherein the recorded measurement data is stored on the second memory (22) of the measurement device (48).

35. The system according to claim 34, characterised in that the measurement data comprises at least a plurality of consecutive measurement point sets, each set including at least one heart rate measurement, a time stamp, a GPS position measurement and an altitude measurement.

36. The system according to claim 34, characterised in that the system further comprises setting means (46) configured to set at least one predetermined limit in the second memory (22) of the measurement device (48) in order to provide a user of the measurement device (48) with feedback during the activity.